

Lunch Menu / Waku-Waku!

2022/2

	Tue.		Wed.		Thu.		Fri.			
Date	1		2		3		4			
Staple Food	Rice Boiled		Rice Boiled		Sushi in Scattered Style		Rice Boiled			
Main Dish	A	B	A	B	A	B	A	B		
	Pork and Vegetables Dumpling Deep-Fried	Calamari Tempura	Ham Cutlet Breaded and Deep-Fried	Crab and Crème Croquette Deep-Fried	Ground Meat Cutlet Breaded and Deep-Fried	Saurol Breaded and Deep-Fried	Pork Stir-Fried with Garlic Sprouts	Seafood Fried, and Simmered with Various Kinds of Veg in Thick Sweet Sauce		
Side Dishes	Bean Curd Deep-Fried, and Stir-Fried with Pork and Miso Sauce; Broccoli and Lotus Root Boiled, Dressed with Dried Bonito Flakes		Chicken Grilled with Basil Oil; Sweet Potato Salad Dressed with Potato and Mayonnaise		Fish Ball Stewed in Tomato Sauce; Chicken Nugget Deep-Fried		Mackerel Marinated and Deep-Fried; Bean Sprouts Parboiled and Cooled, Dressed with Ham and Mayonnaise			
K. Calories	652	600	676	661	640	628	617	589		
Date	7		8		9		10		11	
Staple Food	Rice Boiled		Rice Boiled		Rice Boiled		Rice Seasoned and Boiled with Salmon			
Main Dish	A	B	A	B	A	B	A	B	A	B
	Pork Stir-Fried with Ginger Soy Sauce	Fish Paste Mixed with Soy Milk, Shaped in Bamboo Leaf and Steamed	Chicken Deep-Fried, Dressed with Spicy Sauce	Shrimp Fritter Dressed with Ketchup	Chicken Sautéed with Mushroom	Codfish Sautéed with Vegetables	Chicken Piccata	Egg and Crab Meat Scrambled		
Side Dishes	Chicken Fried Without Coating; Brassica Campestris Parboiled, with Soy Broth		Beef Thin Sliced and Simmered with Veg in Sweet Soy sauce; Young Spanish Mackerel Grilled with Sprinkled Salt		Pork Chop; Japanese Radish Simmered with Short-Neck Clams in Western Taste		Pork and Eggplant Stir-Fried with Miso Sauce; Fish Paste Tube Steamed, and Simmered with Cut Corn in Curry			
K. Calories	627	551	680	705	564	525	684	640		
Date	14		15		16		17		18	
Staple Food	Rice Boiled		Rice Boiled		Carrot Bread		Rice Seasoned and Boiled with Chicken & Green Soy		Rice Boiled	
Main Dish	A	B	A	B	A	B	A	B	A	B
	Chicken Breast Breaded and Deep-Fried	White Flesh Fish Breaded and Deep-Fried	Pork Cutlet Breaded and Deep-Fried, Covered with Miso Sauce	Calamari Breaded and Deep-Fried, Covered with Miso Sauce	Meatball Sautéed, Topped with Crème Sauce	Spanish Mackerel Grilled, Topped with Crème Sauce	Pork Sautéed in Chinese Taste	Glass Noodles Soaked in Hot Water, and Stir-Fried with Calamari	Egg Roll Deep-Fried	Flounder Deep-Fried, Topped with Thick Sweet Sour Sauce
Side Dishes	Croquette Deep-Fried in Heart Shape; Keema Curry		Chicken Sautéed and Topped with Ratatouille Sauce; Potato Boiled and Stir-Fried, Dressed with Parsley		Baked Egg; Macaroni and Tuna Boiled, Drained, and Cooled, with Dressing		Codfish Pickled in White Miso and Grilled; Freeze-Dried Bean Curd Soaked in Hot Water, and Simmered in Soy Broth with Carrot		Glass Noodles Soaked in Hot Water, and Stir-Fried with Pork; Potato Diced and Sir-Fried with Sweet Soy Sauce	
K. Calories	646	638	570	555	684	614	670	663	592	611
Date	21		22		23		24		25	
Staple Food	Rice Boiled		Rice Boiled				Rice Boiled		Rice Boiled	
Main Dish	A	B	A	B	A	B	A	B	A	B
	Chicken Grilled with Spicy Sauce	Scallop and Egg Stir-Fried with Oyster Sauce	Pork Stir-Fried with Mayonnaise and Soy Sauce	Croquette Flavored with Curry and Deep-Fried			Meatball Grilled, Topped with Demi Glace Sauce	Japanese Radish Simmered with Calamari in Sweet Soy Broth	Chinese Meat Dumpling Deep-Fried	Young Spanish Mackerel Simmered in Sweet Soy Broth
Side Dishes	Bean Curd Sautéed with Ground Meat in Thick Chili Sauce; Taro Salad Dressed with Ham and Mayonnaise		Simmered Dish in Oden Flavor; Calamari Breaded and Deep-Fried				Chicken Breast Wrapped Around with Dried Seaweed and Deep-Fried; Chinese Cabbage Stewed in Creamy Corn Soup		Fish Paste Tube Steamed, Deep-Fried and Flavored with Curry; Bok Choy Parboiled, and Dressed with Sesame	
K. Calories	624	620	632	608			619	540	623	597
Date	28									
Staple Food	Hot Dog Bun									
Main Dish	A	B								
	Pork Sautéed with Asparagus	Seafood Sautéed with Mushroom								
Side Dishes	Chicken Cutlet Breaded and Deep-Fried; Chili Con Carne									
K. Calories	607	569								

NOTE: Before 1:00 p.m. each day, please finish eating Waku-Waku's lunches. The above menu may change without notice due to the condition of food materials. Please be careful when eating fish because the piece may have bones. To teachers and parents: Please encourage your children to chew their food well at mealtime.